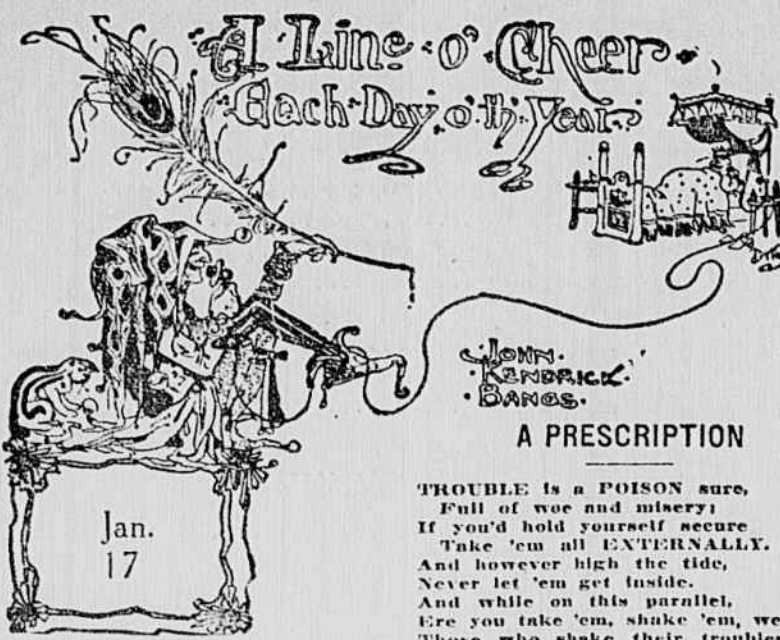


# Of Interest to Every Woman

Edited by Martha Westover



## A PRESCRIPTION

**TROUBLE** is a POISON sure. Full of vice and misery. If you hold yourself secure. Take 'em all EXTERNALLY. And however high the tide, Never let 'em get inside. And while on this parallel, Ere you take 'em, shake 'em well— Those who shake their troubles find Quite a lot of Peace of Mind.

## New Indian Animal Stories

The Snakes That Brought the Breezes.

By John M. Oakleaf.

Long time ago in the days when Indian children were carried on the back until they were able to travel ten miles across the desert on their own legs, they used to snuggle their round, brown, wide-awake face close to their mother's ears and ask questions which were

### ONE OF THE NEW SWEATERS.



It is in two tones and extremely smart as to shape and accessories.

almost too hard to answer. Such as this: "What brings the wind that blows in our faces?" And the mother would answer:

"I have forgotten, but to-night before you go fast asleep your grandfather will tell you. You must be sure to ask him!"

And at night, when the evening breeze had begun to blow across the wide desert and the tall cactus began to throw a faint shadow from the light of the big stars, the old man would tell the little one about the two snakes that bring the breezes of the morning and of the evening.

They are very old, these two snakes, for they were among the first of the beings created by the Great Sky Doctor after he had made the earth and put it out into space to grow. This great one made the snakes messengers, and he told one of them to go to the East until he found water for the people, for in the beginning there were no hills and valleys, and the earth sloped away in one direction so that water would not stand anywhere.

And the other snake was made a messenger to find coolness for all of the animals and the people, for in the beginning the sun shone all day and all night upon the earth, and the living things became very hot and very tired. This snake the Great Sky Doctor sent toward the West.

Well, these two snakes traveled far—one toward the East in search of water, and one toward the West in search of coolness. It was while they were gone that the Great Buzzard came and made mountains and valleys on the face of the earth by flying over it and striking it with his wings. So the snake that went East in search of water found out that he no longer needed to search; and when he had traveled half way around the earth he met the snake who had gone West in search of coolness. And when the two met they sat down and began to talk.

"I will help you to find coolness," said the snake that had gone East. "I think I can be found away over there across those new mountains."

"Oh, no!" said the snake that had gone West. "I am sure that coolness can only be found away up in that direction," and he pointed his head

### CAPE OF BLUE VELOUR.



It is lined in rose DuBarry satin.

toward the North. They could not agree about that, and they talked so long and so fast that both became excited and angry. The snake who had gone East became so angry that after they had talked for many hours he began to shake his tail.

Now, that was the first time the snake had ever hidden his tail, and there was such a rattling and such a stirring that the sun became frightened and ran to hide behind one of the new mountains. Then, with the sun hidden and the snake's tail shaking, the sudden coolness and soft breeze fell over the earth. All of the animals and all of the people saw that it was dark and cool—and for the first time they lay down and went sweetly to sleep.

It was only when the snake that had gone East stopped shaking his tail that the sun came out of his hiding place, and as soon as the sun came out the snake that had gone West began to talk and shake his tail. But that one was not really angry, and, besides, he had no rattles at the end of his tail. So after a short time he stopped shaking his tail. Of course as soon as he stopped the gentle breeze stopped, too.

Ever since that day these two snakes have kept up their quarrel. And one brings the night breeze, while the other brings the brief breeze of early morning.

To relieve a cough, roast a lemon without burning it. When it is thoroughly hot, cut and squeeze it into a cup containing three ounces of finely powdered sugar.

### WHY GO HUNGRY WHEN PUMPKINS ARE CHEAP?

One easy way to reduce the cost of living is to make larger use of such food materials as are both abundant and cheap. In this category the pumpkin readily falls.

A writer in that excellent periodical, the *Pictorial Review*, declares there are so many other good ways of cooking pumpkins, aside from their use for pies, that it is a pity they should not be more generally known. Pumpkins can be made into fritters, custards, preserves, soup, muffins and small patties.

For almost all of these uses, preliminary cooking is necessary, so perhaps it may be well to go into some details as to the best method of doing this.

The average cook cuts the pumpkin into slices, cooking it with as little water as possible, and when tender drains it and presses out as much as possible of the moisture. It is difficult, though, to keep it from scorching while cooking and to get it thoroughly dry after wards. A better and simpler method is to cut the pumpkin into large pieces, lay them, skin side up, in a baking pan and cook in a moderately hot oven until tender. By following this course the extra moisture caused by the water and steam is eliminated.

If a frolicsome cook is part of the kitchen equipment the pumpkin can be slowly cooked in one of the large vessels, keeping the temperature up by the use of the roasting stone, with which most good fireless cookers are equipped nowadays. When tender the fleshy portion can easily be removed from the skin, and either mashed smoothly with a fork or passed through a sieve. The pumpkin is then ready for use in making various dishes.

**Pumpkin Fritters.** One cup of cooked pumpkin pulp, one cup of milk, two eggs, one teaspoonful of ground ginger, one-half teaspoonful of salt, one tablespoonful of sugar or molasses, about one cup of flour, one and one-half teaspoonfuls of baking powder.

Sift together into a mixing bowl flour, salt, ginger and baking powder; beat the eggs lightly; add them to the milk; then stir in the sifted pumpkin; add this liquid mixture gradually to the dry ingredients so as to form a batter, beating until light; put in the sugar or molasses, either of these being added to assist in browning the fritters, and beat until the mixture is griddle as in the making of ordinary griddle cakes. Bake slowly until brown on both sides, and serve as an accompaniment to a stew or a pot roast.

**Pumpkin Muffins.** Two cupfuls of flour, one-half teaspoonful of salt, two teaspoonfuls of baking powder, two eggs, one cupful of cooked pumpkin, one-quarter cupful of melted butter, two-thirds cupful of milk.

Sift together all the dry ingredients; beat the eggs lightly; add to them the milk and the pumpkin; mix the griddle as in the making of ordinary griddle cakes. Bake slowly until brown on both sides, and serve as an accompaniment to a stew or a pot roast.

**Pumpkin Waffles.** One-half cupful of flour, one-half teaspoonful of salt, two teaspoonfuls of baking powder, two eggs, one cupful of cooked pumpkin, one-quarter cupful of melted butter, two-thirds cupful of milk.

Sift together the flour, salt, baking powder and ginger. Beat the eggs until quite light; add the milk to them, also the pumpkin pulp; add these to the dry ingredients, beating and mixing thoroughly, so as to make a smooth batter. Melt and add the butter last of all; then bake just the waffles as ordinary waffles. Serve either with butter and grated maple sugar or with a mixture of syrup and butter heated together. This is delicious for either breakfast or luncheon.

**Pumpkin Pie.** Two cupfuls of cooked pumpkin, one cupful of sugar, one-half teaspoonful of salt, two large eggs, one teaspoonful of cinnamon, one teaspoonful of ginger, one pint of scalded milk, paste.

Put the pumpkin through a sieve and add to it the sugar, eggs, cinnamon and well-beaten eggs. Cool and mix to fill a large pie-plate, which has been lined with paste. Bake in a moderate oven about forty minutes.

### IF YOU HAVE A CAMEO

This is the day of the cameo; so if you have a cameo hidden away in some ancestral jewel casket, get it out. If the setting is very lovely, the cameo can be used as it is, perhaps. One that is rather large and set in the form of a brooch can be used to clasp the shoulder straps of an evening frock or the V-neck of an afternoon frock. A necklace of cameos if they are not too heavily mounted can be used to band the collar; or possibly the necklace can be used as it was originally intended to be used.

Hair ornaments that show cameos are very effective. Sometimes the cameos are set in a bandeau of platinum or silver. Sometimes a single cameo is set as the base of a feather ornament fastened to the hair by a velvet or metal bandeau. An old cameo can be used in this way—with a velvet bandeau.

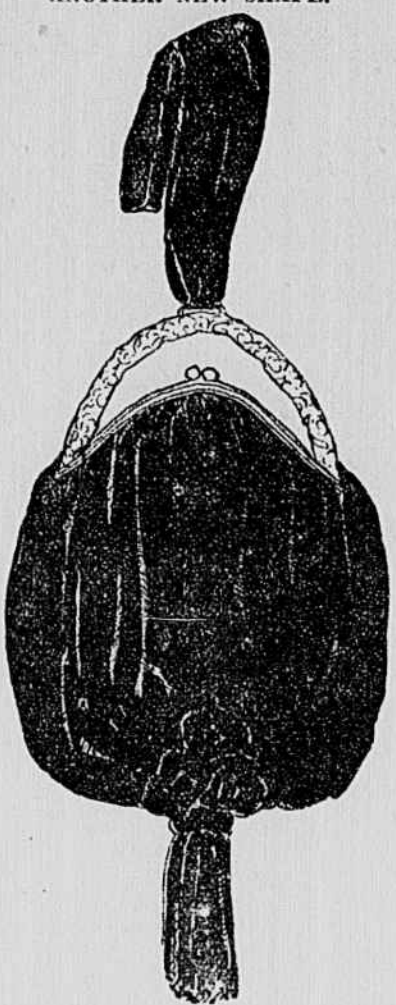
Cameos are used for slipper ornaments. Sometimes they are surrounded with a silver or rhinestone setting—that suggests a frame around the cameos. Sometimes they are mounted on black or dark, richly colored velvet. They are used on both black and colored slippers. Cameos or intaglios cut in black onyx are mounted in cut steel buckles or frames and fastened on patent leather—afternoon slippers.

Some of the most interesting new frocks show cameos used as ornaments. One shows the scarf that forms the

### SUNDAY MENU

Oranges	Cereal
Country Sausage	Waffles
Coffee	
Dinner	
Cream of Asparagus Soup	
Prime Ribs of Beef	Celery
Browned Potatoes	
String Beans	Cauliflower
Vegetable Salad	
Frozen Custard	
Almond Macaroons	
Supper	
Boiled Ham	Olives
Whole Wheat Bread	Cream Cheese
Apple Cake	Tea
Fruit	Nuts

### ANOTHER NEW SHAPE.



An unusually handsome bag of heavy moire silk, with silver mountings.

upper part of the bodice fastened over one shoulder with a large cameo. Another shows the sleeves, of chiffon, caught in two or three places over the arm with cameos. Various skirt draperies are also caught up with cameos.

Of course machine-manufactured cameos can be bought for the purposes of the dressmaker, and many of these are used. Even buttons of attractive colors showing a little carved heads, made after the manner of cameos, and others made in the intaglio manner—that is, the figure cut in instead of cut in relief—are sold. All of these can be used with good effect.

The genuine cameo, however, is always more interesting than one made by machine. And as a cameo cannot possibly be injured by use, it can, of course, be lost, but this is not likely—the woman who opens the family jewel caskets and uses whatever cameos she finds there will be adding a truly personal and individual touch to her wardrobe.

### GOOD GROOMING AND THE EVERYDAY WOMAN

To be what the French would call "chic" is first to be clean, next to be well-groomed and next to know what to wear and how to wear it.

One must remember, however, that a "chic" appearance cannot be attained in a day or even a month. There is an infinite something about it that must be absorbed by the entire body—the way one walks, talks, the general pose from head to foot, to say nothing of the facial expression.

So many women labor under the impression that when a large amount is spent on a suit or hat, the result will be inevitable. But that is not the case. A woman can obtain better results with half the money, because she shows care in her selection and a sense as to what suits her own individuality the best.

### A Good General Appearance.

An elegant suit could not possibly show up well with run-down hair, and even if the feet are all right and you walk with a slouch, rock your hips or move too quickly to be graceful, it will detract from the effect otherwise obtainable with suitable dress.

A girl on \$15 a week, out of which she must pay board and dress herself, can, if she wants to, obtain the "chic" appearance she so admires in her more extensively dressed sisters.

To do so she must train her eyes to notice details, especially among the well-dressed folk. The stage offers an excellent opportunity—that is, with our first-class dramatic companies—for a successful actress, even with the most simple costume, must show infinite care in the adjustment of the little things that help to make not only her play a success but be herself a success.

A good-looking chemise or blouse, with the collar well boned so as not to sag, well-fitting gloves, shoes of a good cut and the right kind of a lady's flower pinned in the front of your coat will all do much to add to a girl's general appearance.

### Corset Is Important.

A well-fitting corset is of much importance, as much so as a becoming hat. This question is doubly important if the individual in question is inclined to be plump. Far better to invest in a good corset, thereby giving the silhouette smooth and graceful lines than to feel that an elaborate dress will overcome a bad figure. It will not.

There are some people who take in at a glance. Women, however, are more prone to detail, while men are for the effect as a whole. Therefore, better to strive for individuality, never eccentricity. Let simplicity be the keynote at all times, with daintiness well to the front.

Remember all these, for they are broad stepping stones to the accomplishment of the word "chic" and a greater satisfaction with the world in general.

It is said that the jackets of the new spring suits will reach barely to the hips. Shoes of patent leather and kid are most favored, and heels have a tendency to be very low. Some dainty evening frocks are made of chiffon-finished tulle, trimmed with lace flouncings. The smart thing in fur is the extra long scarf, made from two or four different kinds of fur. The business girl will look smart and modish in navy blue. She should choose one of the hats of black velvet for her head. Girdles are very important accessories to the costume, and they are made in all styles and sizes and of every material.



## The Great Trials of History

### Trial of John Bellingham.

Right Honorable Spencer Perceval, the English statesman, who was Premier of England from 1809 to 1812, was assassinated in the lobby of the House of Commons on May 11, 1812. There was a certain bankrupt named John Bellingham, a man of disordered brain, who had grievance against the government originating in the refusal of the English ambassador at St. Petersburg to interfere with the regular process of Russian law under which he had been arrested. He had applied to Perceval for redress, and the inevitable refusal inflamed his crazy resentment.

On Monday, May 11, the House of Commons went into committee on the orders in Council, and began to examine witnesses. Brougham complained of Perceval's absence and he was sent for. As he passed through the lobby to reach the House, Bellingham placed a pistol to his breast and fired. Perceval was dead before a doctor could be found. His large family was ill-provided for; but the House of Commons voted him a monument in Westminster Abbey, and a grant to his family of \$250,000, and a further \$10,000 a year to his widow for life.

The horror and dismay caused by the assassination of Mr. Perceval prevented any attention being paid to the perpetrator, and it was not until the victim was raised from the floor that a person exclaimed: "Where is the rascal that fired?" when Bellingham, who had been unobserved, stepped up to him and coolly replied: "I am the unfortunate man."

Bellingham did not make an attempt to escape, though he had thrown away the pistol by which he had perpetrated the deed. When he resigned himself into the hands of some of the bystanders, they placed him upon a bench near the fireplace, where they detained him; the doors were closed, and the excess of all persons prevented. When the assassin was interrogated as to his motive for this dreadful act, he replied: "My name is Bellingham; it is a private injury—I know what I have done—it was a denial of justice on the part of the government."

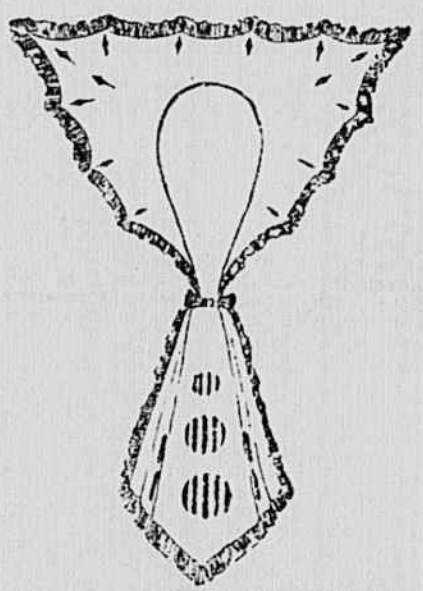
Bellingham was conducted without the slightest resistance to a large room beyond the termination of the upper lobby of the house, where he was confined. During the whole procedure Bellingham maintained the most composed. He said he had, for more than a fortnight, watched for a favorable opportunity of effecting his purpose; that he had implored for justice in vain; that he had made application to every person likely to procure him redress; and that he had been, at length, driven to despair by being told at the public office that his right to do his worst. "I have obeyed them," he said, "I have done my worst, and I rejoice in my deed."

Bellingham was a tall, raw-boned man, and appeared about forty-two years of age, with a thin, long visage, aquiline nose, and short brown hair. After committing the horrible deed his principal anxiety seemed to be to persuade the spectators that the act was justifiable from the provocation he had received.

The assassin was confined in Newgate, and on Thursday following the murder the grand jury found a true bill against him. His trial took place at the Old Bailey, on Friday, May 15. Upon being called upon to state the reason for the murder, the prisoner rose and bowed respectfully to the court and jury, went into his defense in a firm tone of voice and without any appearance of embarrassment or feeling for the awful situation in which he was placed.

In part he spoke as follows: "I feel great obligation to the attorney-general for the objection which he has made to the plea of insanity. That I am or have been insane, is a circum-

### COLLAR AND JABOT.



Of cream net, embroidered in shamrock green.

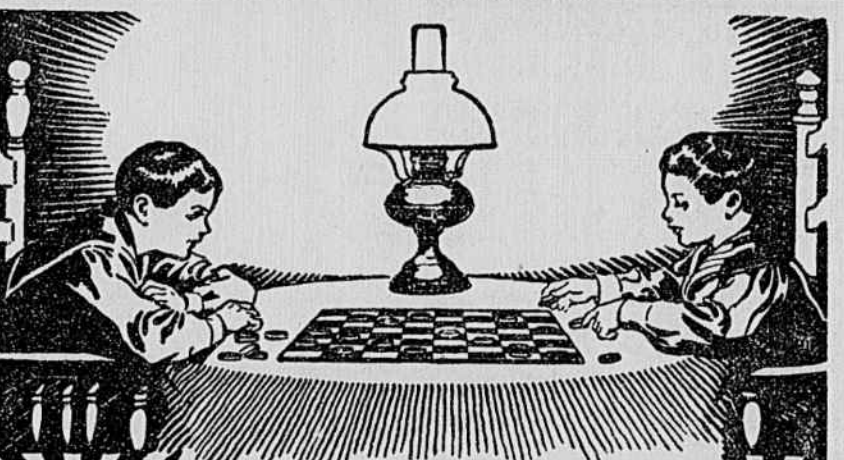
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